

Parents Write about the Family Clinic

“In BEBA, my son learned how to face adversity slowly and fluidly. He learned how to find the edge of his grief, anger or fear, back away, and then approach it again until he could finally work through it.... It’s not easy making a commitment to anything, but BEBA is completely worth it. It’s an important part of the reason that my son and I have such a firm foundation and are so wonderfully close. I would not have made it through pregnancy, birthing or my son’s infancy the way I did without the support I received at BEBA.”
—Michelle Bone, Mother of Jonathan

“It totally amazed me in BEBA sessions when our son would replay scenes from his birth. He would be on the floor, pushing against a facilitator with his feet, come through her arms, work along the floor, then climb up my belly—you could see exactly what he was doing, when he got hurt, angry or scared, and where he felt stuck or frightened in the birth process. It was pretty incredible!”
—Marsha Goldman, Mother of Jackson

“BEBA is not just for people who feel their baby had a hard birth or surgery or some other trauma. It’s a gift that my family is grateful to have experienced. BEBA has strengthened the bond between my husband and me. We understand each other’s needs better and really listen to and acknowledge the other’s feelings. I hope everyone has the opportunity to know what BEBA offers.”
—Eco Shumaker, Mother of Eva



Photo by Raymond Castellino

“Our son was in the hospital for a year after he was born and spent three years on oxygen. His perception and memory was that we had left him. When he was four, he cried inconsolably saying, “Why did you leave me? I was afraid when you left me.” We just had no idea how to work on that until we came to BEBA. Our experience with BEBA transformed us as a family. It gave us the opportunity to heal in a special, caring environment.”
—Tony DiIoia, Father of Eli



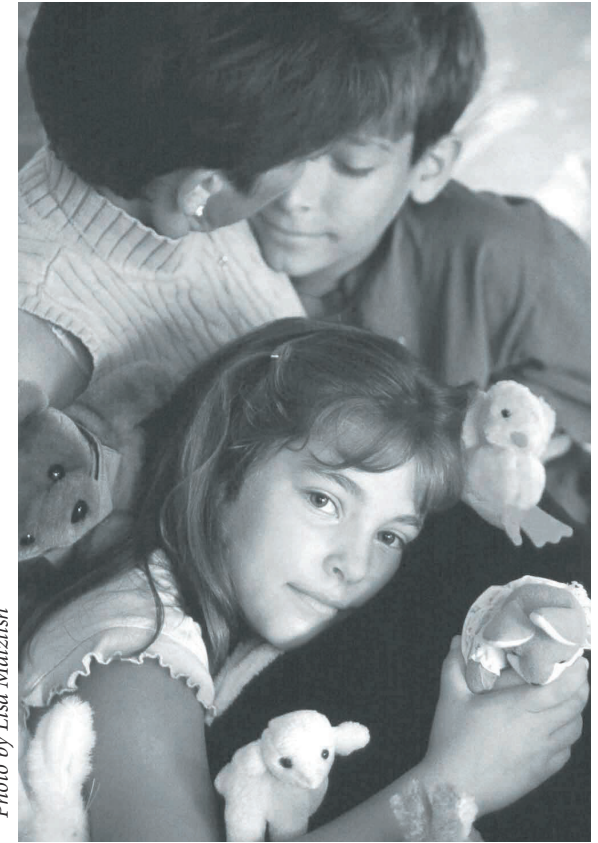
Photo by Raymond Castellino

Diego reaches out to his father, Joe.

“We believe BEBA’s work facilitates deep healing and profound transformation in children and families, and thus contributes to peace in the world. We value this work and feel honored to support BEBA.”

—Christiane Schlumberger,
President, Karuna Foundation

Photo by Lisa Maizlish



BEBA A Center for Family Healing (Building and Enhancing Bonding and Attachment)

Mission: BEBA supports families to resolve prenatal, birth and other early trauma, both physical and emotional, while facilitating the development of compassionate relationships, the healthy growth of children, and effective parenting.

Ojai BEBA Clinic

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What is BEBA?

BEBA is an innovative non-profit organization, founded in 1993, with clinical, educational, training and research programs dedicated to resolving early trauma and strengthening the family unit.



Photo by Raymond Castellino

Family Clinic

The clinic offers weekly sessions to local area families. Parents learn to understand what their babies or children are communicating with their body language, symbolic play, behaviors and words about their earliest experiences. Families learn ways of interacting that will lead to resolution of early trauma and closer, more loving family bonds.

BEBA families work with trained facilitators who utilize approaches that respect the innate wisdom of the child and seek to understand the child's perspective and experience. This model brings together the best of body oriented therapies and prenatal and perinatal psychology: craniosacral therapy, modeling, movement facilitation, role-playing and facilitating attunement among family members as they connect and play together. Both parents and children enjoy coming!

Families receive support until the original trauma has been resolved and then are welcome to return on an as needed basis. Services are available on a sliding fee scale.

Parent Small Group Process Workshops

Parents and other adults have an opportunity to explore patterns developed in their first years of life. Parents' own attachment experiences influence their ability to bond with their children. When parents resolve their own early traumas, they are more able to bond with each other and their children.

Parent and Professional Education

BEBA research provides the basis for professional training programs, PhD dissertations, lectures, panel discussions, slide presentations and articles published in professional journals. BEBA facilitators offer multimedia presentations in a wide range of settings, from local parent groups to national and international conferences.

Professional Training

BEBA is recognized worldwide as a leader in the prenatal and perinatal community. BEBA offers qualified healthcare practitioners the opportunity to receive direct clinical training in approaches for preventing and resolving prenatal, birth, infant and child trauma. Students observe family sessions led by BEBA facilitators and assist in the video recording process. Some students progress through an internship program to become assistant facilitators, then BEBA facilitators.

Clinical Research and Video Archive

The BEBA family clinic is a research clinic. Every session is videotaped, adding to a growing archive of over 2000 hours of sessions that are used for study. BEBA continues to develop and refine effective approaches to early trauma resolution. BEBA intends to follow families for a twenty-year period.

Why is early trauma resolution important?

Experiences in the womb, at birth and during early childhood profoundly affect one's long-term physical, emotional and mental health. Brain and nervous system development, immune system strength, learning capacity, stress coping strategies, emotional stability and physical coordination are profoundly affected by early experience. Optimal development requires the timely resolution of early trauma and the resulting secure attachment between parents and children. Secure attachment provides the basis for a healthy life with loving relationships.

Any experience that interferes with bonding and attachment is traumatic.



Photo by Raymond Castellino

Who comes to the BEBA Family Clinic?

- Couples and single parents who want to enhance their parenting skills
- Prenatal parents concerned that their own early experiences might interfere with their ability to bond with their children
- Families who have experienced prematurity, low birth weight, early medical problems, hospitalization, or other difficulties during pregnancy or birth
- Families who have experienced early challenges such as a death in the family, a high stress pregnancy, or prenatal or post-partum anxiety or depression
- Parents concerned about their infants who cry without apparent cause, have difficulty sleeping, have breastfeeding challenges, are unable to make eye contact, or who seem listless or slow to develop physical strength
- Families concerned about their toddlers or children who throw frequent tantrums, exhibit poor coordination and balance, are overly aggressive toward other children, isolate themselves, have difficulty focusing their attention or are hyperactive
- Parents who want help bonding with their adopted children
- Parents who feel unduly frustrated or depressed about their family situation, are concerned about sibling rivalry or are unable to communicate satisfactorily with their children
- Parents seeking support to face acute conditions with their babies and children, including surgery, hospitalization, parental death and sexual abuse